

# Fuel <sup>for</sup> Thought

Nov 2005

The 939th Air Refueling Wing, Portland, Ore.

Vol. 3, No. 9



# Fitness Tips help Aging Apples

By Chief Master Sgt. Ian Nesbit  
304th Rescue Squadron

Ah, the insults of aging. If your belt size and age seem to be approaching the same number, perhaps it is time to reflect on the *AF Fitness Program*. Failure to comply with this program can lead to a demotion or even separation from the Air Force. Serious consequences indeed, but fortunately, the *Air Force Fitness Program* allows enough time to achieve compliance. The most significant change to the program is the addition of the measurement of abdominal circumference. I'd like to briefly discuss the serious medical consequences associated with an increasing abdominal circumference, which heralds the onset of

significant insulin resistance. As a result, these cells take in excess blood sugar, convert it to fat, and store it producing that delightful "apple shape." Of the three proteins, fats and carbohydrates, only carbohydrates strongly stimulate the release of insulin. A diet high in carbohydrates, especially starches, breads and cereals, maintains a constantly elevated level of insulin. Simply put, the body responds by storing fat. So what can we do?

Exercise stimulates human growth hormone (hGH) production in the brain that promotes the growth and development muscle mass and burns additional calories. However, insulin

fight the growth hormone production and defeats the purpose of our exercise regimen. Also, because the largest pulse of hGH from the brain occurs in the first 90 minutes of sleep, one should not eat within three hours of bedtime to minimize insulin levels. If you are struggling with your abdominal

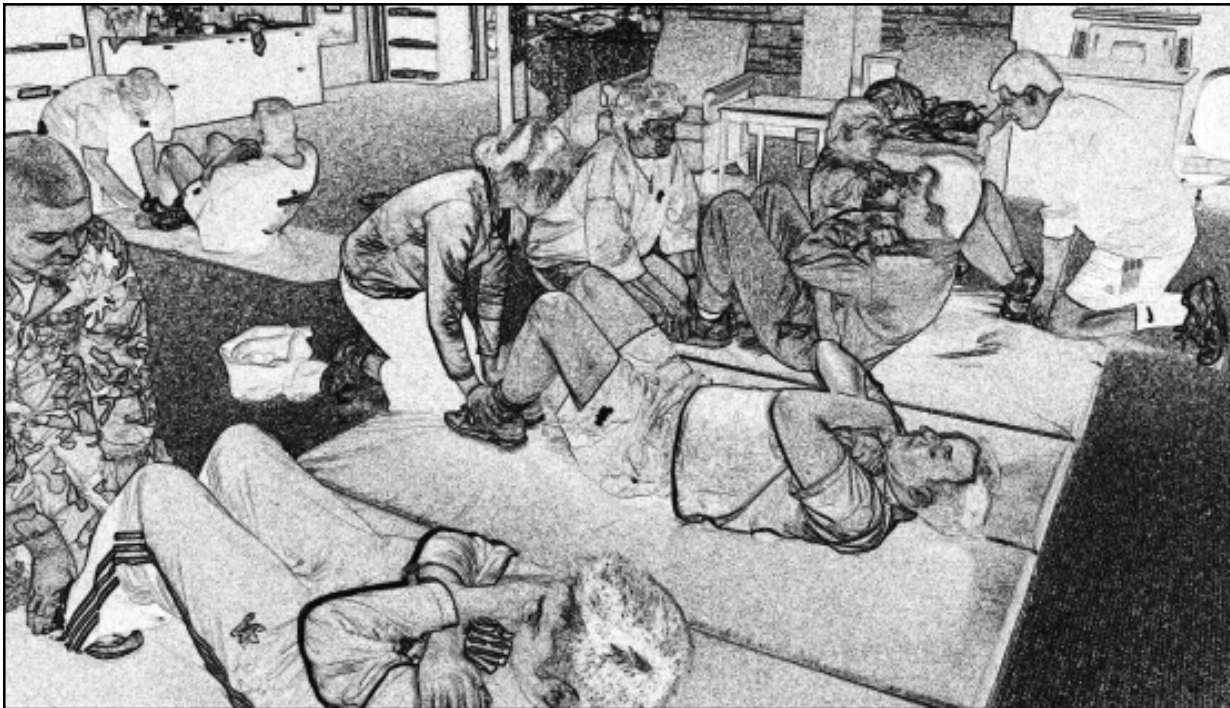


Photo and Illustration By Ms. Ruby Zarzycny

a condition called "truncal obesity."

"Truncal obesity" refers to fat storage primarily in the areas around the waist (trunk), and is described as "apple shaped." It is the "apple shape" that is associated with high blood pressure, diabetes, heart attacks, and a host of unpleasant woes. Moreover, it is this very "apple shape" that the Air Force is using to assess disease risk. So, what causes this unwanted fat around the waist?

Truncal obesity is caused by insulin resistance [a reduced ability of the body to use insulin to bring glucose [sugar] into the tissue cells to be used as a source of energy. When we eat, the pancreas produces insulin, the hormone used to complete the digestive process and help our cells use the sugar produced from eating.. Whenever insulin is maintained at elevated levels, in response to eating excessive amounts of carbohydrate [sugars and starches], our cells become insulin resistant and do not use the insulin to convert the sugar into energy. Only the cells of the *Greater Omentum* [abdomen], the apron of fat cells that cover and protect our abdominal organs, do not develop

circumference measurement, try the following:

- Restrict carbohydrates in your diet
- Follow an exercise regimen consistently
- Eat nothing three hours before you go to bed

If you continue having problems, review AFI 10-248, Chapter 5, *Physical Fitness Education/Intervention*. This chapter details the abundance of support provided by the Air Force. Your abdominal circumference is not only crucial to your Air Force career; it is, quite literally, a matter of life and death.

*(Chief Nesbit was the primary professor of cardiology at Bastyr University for three years before moving to Montana to begin a private practice.)*





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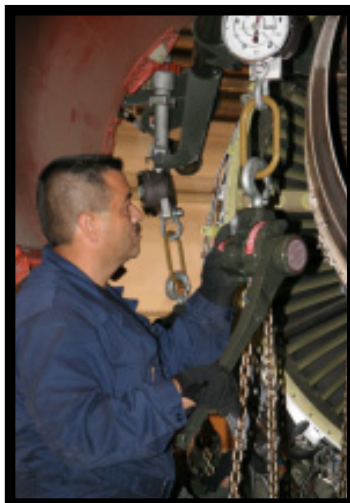
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## On the Cover



**Cover Photo by: Major James Wilson,  
939th Air Refueling Wing Public Affairs**

### Ounce of prevention, pound of cure

Staff Sgt. Ricardo Haynes completes the next step in the technical order for removing an engine from a KC-135 Stratotanker aircraft Oct. 1. Sergeant Haynes is a jet engine mechanic assigned to the 939th Maintenance Squadron.

# Command Post: At the center of the 939th's mission

**By Tech. Sgt. Paul Persson**  
**939th Public Affairs Office**

"We are the eyes and ears for the commander," said Master Sgt. Daniel E. Sunderlin, a command post specialist with the 939th Air Refueling Wing.

Airmen assigned to the Command Post do more than just pass on information, however. These controllers are also responsible for compiling and transmitting the daily situation report, as well as operational reports if serious conditions arise, keeping senior leaders at all levels informed of the status on situations, officials said.

"The Command Post is the nerve center for the installation," said Tech. Sgt. Jesse Ryholt, command post specialist for the 939th ARW. Not only do they assist in the information flow to commanders, but they also "respond to disasters, follow aircraft in-flight, receive and process emergency messages, and track the status of alert assets for mission readiness." Sergeant Ryholt was in the Command Post when the first relief efforts were started following Hurricane Katrina. He said the Command Post helped support the deployment of pararescuemen from the 304th Rescue Squadron to New Orleans, including the arrival, loading and departure of more than 30 other transient National Guard aircraft from around the country that were en route to Louisiana.

"We assisted the transient aircrews with flight plans, weather reports and other support activities," Sergeant Ryholt said.

Sergeant Ryholt has been in the Air Force for more than nine years and has worked in command post his entire career. He says the career field as a whole is stretched thin, but it's very rewarding work. He also likes the fact that his job makes him directly responsible to the wing commander.

"It's an honor to be in a position where wing commanders can respond to young Airmen with personal recognition on a daily basis," Sergeant Ryholt said.

Sergeant Ryholt concedes that type of recognition can also be a downfall. "If you don't have your information straight, it can be a double-edged sword," Sergeant Ryholt added.

Members of the Command Post are responsible for preparing and submitting operational and individual readiness reports. They also compile the Status Of Resources and Training System, or SORTS, reports from lateral units to ensure data is current and accurate. The SORTS product tells higher headquarters the level of readiness a unit is maintaining at a given point in time.

The SORTS report is one example of how the Command Post relies heavily on units in the 939th for information in order to perform a myriad of assigned tasks. Still, the staff seems to thrive on the challenges that come with these responsibilities.



Photo by Tech. Sgt. Paul Persson  
Master Sgt. Dan Sunderlin (front) and Tech. Sgt. Jesse Ryholt, 939th Command Post controllers, review and respond to information on an operations console during the October Unit Training Assembly.

Sergeant Ryholt is an Air Reserve Technician assigned to the position of unit training manager here. "It's been interesting to track [mandatory] training and see how effective it is within the Command Post. Unfortunately, I only have two days a month with traditional reservists to try and keep them up with the training requirements."

Sergeant Sunderlin is in the process of retraining into the Command Post career field. He served previously as a flight engineer when the 939th's mission was combat search and rescue. He said he is meeting the challenges of retraining as a traditional reservist.

This is his third career field in the Air Force, and he has experienced the large "learning curve" facing traditional reservists as they venture into new fields. He is a project manager for a local software company when he's not drilling with the 939th.

Sergeant Ryholt said one of the largest challenges he faces in performing his job is dealing with the long shifts.

"Work load is either feast or famine," he said. "When there is work to be done it can be extremely active."

During the slow periods, it can be difficult to be in a secure building with no windows and no exposure to the outside world, he said. Yet, the Command Post staff remains focused.

"This is a good group of men and women," said Maj. Peter Singh, Officer in Charge of the 939th Command Post. "They work long and hard for little to no recognition, yet are a vital component of the flying mission here."

Major Singh's description of his staff is basically "Airmen looking after Airmen." But in doing so, these professionals are in a larger sense looking after the Air Force.

# Fall Camping Safety

**Master Sgt. Michael Clarke**  
**939th Safety Office**

Fall weather is here, bringing with it much cooler mornings, which can lead to dangerous situations for those who enjoy camping.

A recent article in *The Oregonian* illustrated this point when it reported a young married couple from The Dalles, Ore., was found dead in their tent in a Crater Lake National Park campground. The article stated the couple was a victim of apparent accidental asphyxiation.

Employees of the Mazama campground (southwest of the lake) found the young man, 27, and woman, 25, inside their tent about 1 p.m. Investigators saw no signs of violence. Park officials said the tent was closed tightly and a propane camping lantern evidently had been burning inside. The scene suggested carbon monoxide poisoning, they said, which replaces oxygen as something burns.

This was an extremely unfortunate ending to what should have been an enjoyable experience for this young couple. It's easy to see how campers who are unprepared for colder



weather may overlook the danger of operating fuel-burning camping heaters, portable gas stoves, or charcoal grills inside tents and campers. Camping stoves and heaters are not designed to be used indoors and can emit hazardous amounts of carbon monoxide as does smoldering charcoal. In an enclosed area like this, the hazard becomes even more dangerous to sleeping persons who are unable to recognize the early symptoms of carbon monoxide poisoning.

To avoid this situation, fuel-burning equipment such as camping stoves, camping heaters, lanterns and charcoal grills should never be used inside a tent, camper or other enclosed shelter. Opening tent flaps, doors or windows is insufficient to prevent build-up of carbon monoxide. When using fuel-burning devices outdoors, the exhaust should not vent into enclosed shelters. Warnings should be stated clearly in the owner's manual and on labels permanently affixed to portable stoves.

Rather than relying on fuel-burning sources to supply heat, campers should leave home with adequate bedding and clothing. They should also consume extra calories and fluids to prevent hypothermia. (The Centers for Disease Control and Prevention website contributed to this article)

## Website helps air rescue members stay in touch

**By Maj. James R. Wilson**  
**939th Public Affairs Office**

The Air Force Reserve's rescue mission in Portland ended two years ago, but an Internet website was created recently in hopes of preserving its legacy.

The website (<http://www.rescuereunion.org>) is titled Rescue Reunion, and was created by Ms. Dottie Colgate-Johnson. Ms. Colgate-Johnson, as many members of the wing know, is the secretary for the 939th Air Refueling Wing commander and has been a member of the unit for the past 30 years.

"The intent of the website is to serve as a database for those who have been assigned or associated with the 939th," said Ms. Colgate-Johnson.

Like any military organization, the 939th welcomes new members and bids farewell to many others on a monthly basis.

"I thought the website would be a good way for us to keep in touch," Ms. Colgate-Johnson said.

Current members of the 939th are welcome to enter their information on the web site and are invited to the reunion as well, according to Ms. Colgate-Johnson.

In addition to the unit directory, the web site currently offers initial information on a rescue reunion tentatively planned for the summer of 2008.

The last reunion for those with ties to Portland's rescue mission was held in the spring of 2003.

"We have most of the names and addresses of those who attended the [2003] reunion," Ms. Colgate-Johnson said. "The website will allow members to not only input their contact

information for our directory, but also indicate their interest in attending the next reunion."

Those who visit the website will also notice a directory of resources. The listing is a compilation of services offered by reservists ranging from auto and home repairs to lawn maintenance. Members can enter information on services or skill sets they possess outside of their affiliation with the Air Force Reserve to benefit other members of the 939th during times of need.

*(Editor's note: The 939th Air Refueling Wing and Air Force Reserve do not endorse or favor any of the businesses listed under the directory of resources.)*

## Tunes while training?

The Air Force has issued guidance for the wear of headphones while in the official physical training uniform. Airmen dressed in the physical training uniform are authorized to wear headphones while participating in personal fitness and other off-duty activities.

However, they will not wear headphones while in formation, during organized unit physical training sessions or in performance of official duties. Commanders may further deny headphone wear if conditions are determined to be unsafe, such as people running near vehicle traffic where such wear would limit hearing or awareness of surroundings. They may also disallow headphone use due to operational requirements.

For more information, Airmen should contact their commander's support staff or the 939th Military Personnel Flight.



# 939th Prime Beef Teams Build Lodge in Smokey Mountains

By  
**Ms. Ruby  
Zarzyczny  
939th Public  
Affairs Office**

While the mist of the early fall morning air fades away as the sun rises to illuminate the watercolor peaks of the Smokey Mountains of North Carolina, a black Brahman bull peacefully grazes on the dew covered grass in a meadow cut from the mountainside.

Through the spectacularly colored leaves of the sugar maple, scarlet oak, and dog wood trees, the warm breeze gently carries the "Prayer of Blessings" from the Cherokee Nation.

Suddenly, the Brahman's nostrils flare as his hooves rake the earth. He knows there is something in the woods as he lowers his heavily horned head to a charging position. Then the Brahman's taunt muscles begin to relax as the blessings carried on the winds is whispered into his ears—May the Great Spirit bless all who enter here, may your moccasins make happy tracks, and the rainbow always touch your shoulders.

Thirty reservists from the 939th Civil Engineering Squadron Prime Beef teams made happy tracks to Bryson City, N. C., to participate in a humanitarian mission to build a lodge for the Sabbath House organization.

The project began Aug. 13 and was completed Sept. 25 after three tours of reservists deployed there.

The purpose of this humanitarian mission was to provide training to civil engineer reservists while assisting a nonprofit organization. The Sabbath House applied for and was awarded labor assistance through Air Force Reserve Command, said Major Eric Schadler, 939th CES commander.

During this project, the 939th CES, along with civil engineers from the 302nd Civil Engineer Squadron from Peterson AFB, Colo., provided labor assistance to the Sabbath House and constructed a 3,100 square foot, two-story lodge with a basement, a 16 by 20 foot shed and repaired the gravel road leading to the worksite located in a remote area of the Smokey Mountains.

The organization supplied all of the materials and equipment while the AFRC supplied the labor.

## THE FIRST TOUR

Master Sgt. Weston Dorszynski, 939th CES engineering assistant and site development technician, was one of the first reservists deployed to the worksite.

"Staff Sergeant Renken (Arnold Renken, 939th CES engineering apprentice) and I started the project from the very beginning," said Sergeant Dorszynski. "There was just a flat area cut out of a side of a hill. We began all of the site preparation. We did the digging for the septic tank, the area of the foundation, and excavated and set the walls for the basement."

This was actually a difficult task because the customer made last minute changes to the already incomplete plans.

"But in a challenging situation, you actually get to use your expertise and skills a lot more," Sergeant Dorszynski chuckled. "There were lots of engineering problems. We actually ran into a spring in the ground, while we were excavating, that was delivering water, of course, into this basement we were trying to build. Since we were digging into the side of a mountain, we ran into a lot of big rocks. The space was also very limited as we tried to keep our layout square."

Although the project was extremely challenging, it came with benefits.

"Looking back at it, it was probably one of the best engineering projects I've ever been on because I was actually doing what I'm trained to do," said Sergeant Dorszynski. "In all the engineering tours I've been on, the use of my engineering skills was perhaps the greatest on this one."

The 939th CES has deployed to support humanitarian missions in other countries and for projects stateside and overseas where they have built buildings, tarmacs and even air strips.

"Any of those options are fine with me, but particularly the humanitarian missions are by far the most touching," said Sergeant Dorszynski. "When you get to go places and help out very needy organizations, countries or regions, that's pretty cool. It all fits together in the total Reserve experiences that I've enjoyed a lot."

## THE SECOND TOUR

On the second tour, the 939th deployed structural technicians, electricians and heavy equipment operators to the worksite, said Master Sgt. Frank Barnes, 939th CES structural superintendent. They poured the slab for the daylight basement, and framed the main floor, loft and the exterior walls making it ready for the trusses that create the roof line.

"We did an incredible amount of work in a short period of time," said Sergeant Barnes. "Basically, in four days we poured the slab and did all the framing to the 3,100 square foot structure, and got it ready for trusses (the roof frame)."

The amount of work accomplished during this tour showed how well Reservists who didn't even know each other could work together.

"Ninety percent of the work we did during the second tour was structural, said Sergeant Barnes. "Reservists in different fields and squadrons got to learn a lot about structures. The electricians and plumbers who were there got exposed to another size of building—structures. This was good because typically not everyone is going to be gainfully employed in their specific trade, so by being exposed to different trades, it increases your knowledge for the day someone is needed to get the job done."





Photos By Senior Master Sgt. Tommy Vinson, 908th Civil Engineer Squadron, Sabbath House project manager

Reservists from the 939th Civil Engineer Squadron here and the 302nd Civil Engineer Squadron from Peterson AFB, Colo., Prime Beef teams are securing and bracing the roof trusses of the 3,100 square foot lodge they are building for the Bryson City Sabbath House organization located in a remote area in the Smokey Mountain of North Carolina.

team building.”

This was also a first time experience for Master Sgt. Dorszynski, who found himself fitting into another organization.

“I’ve worked with other squadrons where there were a lot of us and a couple of them,” said Sergeant Dorszynski. “I’ve

never worked where there were a couple of us and a lot of them. So with only two people from the 939th on the first tour trying to fit in with another squadron, we were fitting into their picture.”

“It was great,” Sergeant Dorszynski added. “They’re a great squadron, they work hard, they have good leadership and I enjoyed making new friend in my career field.”

As Sergeant Dorszynski was trying to fit into another squadron, the Air Force Reserve was trying to fit into the small community of Bryson City.

“It’s great to get our visibility out there when we are helping other countries and other communities here,” said Sergeant Dorszynski. “We worked long hours on this project and when we’d come through the town in the evenings trying to get to places before they closed, we’d be in uniform with our boots still muddy. The people in the town knew who we were.”

“They were friendly,” added Sergeant Dorszynski. “They waved and stopped and talked with us. It was great awareness for us as an organization (AFRC), and it was a great feeling to have people appreciate what we were doing.”

### THE THIRD TOUR

During the third tour, Master Sgt. Paul Martinez, heating ventilation and air conditioning technician, Master Sgt. Jon Conway and Senior Master Sgt. Steven Watson utilities (plumbing) technicians, Tech. Sgt. Arron Sauer, electrician, and Tech. Sgt. Glen Rasmussen, heavy equipment operator, and other reservists finished the rough-end work started on the 2nd tour, said Chief Master Sgt. Bill Markgraf, 939th CES chief of operations.

“The 939th CES excelled during this tour,” said Chief Markgraf. “We had by far the most expertise because most of our superintendents work in the field on the outside, so they were more experienced. They took the lead in their trades and helped train the reservists on this project.”

On the second tour, there was a major accident when the trusses fell and injured two Airmen. Like any construction site, there are always safety issues to work through, and the reservists continued their efforts to stay safe on the job.

“Safety representative from each of the areas were designated to watch for safety issues,” said Chief Markgraf. “We had daily safety briefings and immediately addressed safety concerns.”

Even though the second tour’s accident was still fresh in their minds, the reservists stayed up beat. They worked very long hours, they packed their lunches to eat at the site, and even came to work on their days off, said Chief Markgraf.

The reservists stayed in cabins about thirty minutes away from the worksite in Bryson City.

“They put us up in cabins--four guys to a house,” said Chief Markgraf. “They were pretty comfortable--having kitchens, washers and dryers, and some even had hot tubs. The guys were spread out all over town about two-to-five miles apart but fortunately we had enough vehicles to get us around.”

There weren’t many options for entertainment there, so the reservists came up with ways to entertain themselves.

“We organized some events in the evenings where we basically went from house to house; each night one house would be responsible for dinner,” said Chief Markgraf. “We included the 302nd in our events, and it made for a great social event, plus it meant not everyone had to cook all the time. We had some very nice meals, and it was a lot of fun and made for great



Reservists deployed to the Sabbath House project affix the first section of the metal roof.

## Operational Readiness Exercise Meals

During the ORE members will not be able to leave the exercise area (the base) for meals. There will be hot meals and box meals available to purchase from services or you can pack your meals. Box meals must be ordered and paid for from your units one day in advance. Monday and Tuesday box meals can be paid for at the time of pick-up.

### Cost

Oct 31 - Nov 4: All members will be required to pay for meals. The cost for breakfast is \$1.90 and the cost for all other meals is \$3.50.

Nov 5 - 6 UTA: Enlisted members will not be required to pay for meals. The cost for the Thanksgiving meal is \$5.80 for members required to pay.

### Hot Meals

Hot meals will be served in the dining facility.

Monday and Tuesday:

Breakfast 6 - 8 a.m.

Lunch 11 a.m. - 1:30 p.m.

Wednesday - Saturday: No hot meals will be served. All meals served will be box meals.

Sunday UTA - Thanksgiving meal:

Breakfast 6:15 a.m. - 7:15 a.m.

Lunch 11 a.m. - 1 p.m.

Dinner Pickup 1 p.m. - 2 p.m.

### Box Meals

Monday, Oct. 31 and Tuesday Nov. 1 box meals must be ordered no later than 12 p.m. Oct. 27.

Box meals for Nov. 2 - 5 can be ordered no later than 12 p.m. the day before they are required.

### Box Meal Pick-Up

Box lunches will be picked up at the dining facility.

Monday Oct. 31 - Tuesday Nov. 1:

Breakfast pickup 5:30 a.m. - 7 a.m.

Lunch pickup 11 a.m. - 1 p.m.

Wednesday Nov. 2 - Saturday Nov. 5:

Breakfast pickup 5:30 a.m. - 7 a.m.

Lunch pickup 11 a.m. - 1 p.m.

Dinner Pickup 4 p.m. - 6 p.m.

Midnight Meal Pickup 8 p.m. - 9 p.m.

## ORE NEWS

### Preparing for the ORE

*Editor's Note: The following information was compiled by the 939th Public Affairs Staff. It is provided to answer basic questions on the upcoming Operational Readiness Exercise.*

### What is an Operational Readiness Exercise?

An Operational Readiness Exercise tests a unit's capability to respond to a tasking, recall our personnel and then move people and equipment to a forward location within the Doc Statement tasking timeframe - and then demonstrate their wartime skills, even under attack, at that forward location.

When will the exercise occur?

The ORE will begin with the recall exercise starting on Oct 27 and then continue with all personnel reporting on Oct. 31 and conclude Nov. 6. It will involve six separate yet related parts.

### Who is involved in the 939th's ORE in November?

Every member of the 939th Air Refueling Wing. The six parts include Initial Response (which includes the exercise recall), the wing's Strategic Response Exercise and TSART Exercises. The fourth part is the traditional Phase I - Deployment, when each unit will perform tasks necessary to mobilize and deploy to a location where combat forces are needed. And the final two parts include Phase II - Employment when members will be tested on their ability to perform their wartime duties, and Phase II - Attack when members exercise their abilities to survive and operate in a chemical/biological or nuclear environment.

### What do 939th ARW members need to bring?

When processing through the mobility line, each person should have all items referenced within his or her readiness folder. Technical sergeants and below must hand carry their On Job Training [Air Force Form 623] folder. Reservists will need to inventory and bring their chemical warfare training bags and A-1 bags prior to the exercise so they can ensure they possess the necessary equipment and that it is functioning properly. There is no personal bag drag scheduled for the November exercise.

### When does the exercise begin?

The exercise begins when the commander receives an alert order, which advises units to prepare their resources for possible movement. Typically, an Air Tasking Order will follow the deployment warning order. An ATO provides additional information about the mission such as resources needed, deployment location, and flying schedule. A unit recall is initiated, and Unit Commanders and Deployment Managers begin the process of filling the specialties needed. Finally, the deployment order will

direct what forces and when they need to deploy.

### How does the exercise progress?

Once the Phase I-Deployment portion of the exercise is completed, the wing will be deployed and its unit designation will be the 939th Expeditionary Aerospace Wing. The focus for all members will be on employing forces and conducting sustained operations in a combat environment, possibly under attack from the enemy.

### Why do we practice?

The 939th ARW, like all other Air Force units, conducts readiness exercises to make certain the wing can fulfill its wartime mission. The 939th's mission is to establish forward operating bases, or augment forward operating bases and then employ the KC-135 on those bases by providing aerial refueling and airlift capability worldwide to support U.S. objectives.

### What should 939th members expect to get out of this exercise?

Each member of the 939th should know how vital his or her duties are to the wing's wartime mission. Like any exercise, there will certainly be an element of gamesmanship involved in this ORE. Everyone should respond to various situations as though they were real and with a true sense of urgency. The skills honed in these exercises are the same ones that will save lives in future deployments and contingency operations.

### Wing Training:

**Oct 31 - Nov 5:** Closed due to Exercise

**Nov 6: 8 a.m. to 3 p.m.:** Open

**Nov 4:** Testing

**Nov 6:** Testing at 8 a.m. only

**Questions:** Contact Senior Master Sgt. Pietrowski at 335-5248

## Operational Readiness Exercise Chapel Service Protestant Services at the Base Chapel

Tuesday, Nov 1 - 1 p.m.

Thursday, Nov. 3 - 1 p.m.

Friday, Nov 4 - 3:30 p.m.

Sunday, Nov 6 - 1 p.m.

## Catholic Mass Services at the Base Chapel

Monday, Oct 31 - 5 p.m.

Tuesday, Nov 1 All Saints Day Mass - 11:30 a.m.

Wednesday, Nov 2 All Souls Day Mass - 11:30 a.m.

Thursday, Nov 3 Mass - 3 p.m.

Thursday, Nov 3 Devotional Service - 5 p.m.

Saturday, Nov 5 Mass - 12 p.m.

Sunday, Nov 6 Mass - 3 p.m.

**For other faith-group services please contact Chaplain Crippen at 335-4451.**



## Armed Forces tennis classic

The 939th Services Flight is conducting the first Armed Forces Coed Tennis Classic on December 11 at the Vancouver Tennis Center. Applications must be received by Nov. 28. There are 3 classes of play--A, B & C. Only singles will be played and may be coed depending on the number of entries. Members can sign-up by email at [939svf@portland.af.mil](mailto:939svf@portland.af.mil). Please include your last name, first name and middle initial, organization, rank, mailing address, home, work and cell phones and your ranking (A, B or C). For more information, call 335-4748.

## Paying the bills

Members of the 939th Air Refueling Wing can use a feature called "My Easy Payment" when a balance remains after the travel voucher has been settled. The payment option is available at: <http://www.myeasypayment.com>.

Select "Federal Government Charge Card" and hit continue. Next, provide the account number and the three digit security code on the back of the card. You can make an electronic funds transfer (EFT) payment using your checking or savings account and using your ABA routing number for your specific financial institution. There is no fee for this payment method.

For more information, go to the 939th ARW Homepage. Under the "Staff offices" section, select "Finance." Then select "Online TCA (Travel Card Assistance)."

## Knottsberry Farm celebrates Veterans Day

Knottsberry Farm is offering Free admission for military members and one guest during their Veterans Day promotion, Nov. 1-24. Additional guests admission is \$10 at the gate. For more information, call 503-335-4176, Outdoor Recreation or stop by building 491.

## Free meal for Veterans Nov. 6

McCormick & Schmick's Seafood Restaurants are celebrating Veterans Day with a free meal on Nov. 6. Present your military identification at any McCormick & Schmick's restaurant and receive a free meal from their special menu. For more information and restaurant locations visit <http://www.mccormickandschmicks.com>

## Military Personnel Flight: ORE

**Oct. 31 - Nov. 4: 8 a.m. to 3:30 p.m. ID Cards Only** – All other functions closed due to exercise

**Nov 5:** Closed due to exercise

**Nov 6: Open 8 a.m. to 3:30 p.m.** – All MPF support to include "Right Start"

**Questions:** Contact Chief Master Sgt. Sevier at 335-5132

## Reserve discharges former members

A staff sergeant tested positive for THC (marijuana) during a random urinalysis. After being advised of his rights, he stated that he had in fact wrongfully used marijuana at a New Year's Eve Party eight days prior to the test. He went on to state he had not used marijuana any other time within the past three years. Unfortunately, the member had been enlisted within the USAFR for the past four years. The board convened found that the member had wrongfully used marijuana and recommended he receive a General discharge.

In a separate hearing, a major (Chaplain) met a discharge board for wrongfully having a sexual relationship with someone that he was professionally counseling in his civilian pastoral job. He subsequently lied to his commander in the response to the Letter of Reprimand he received for the misconduct. The chaplain was 48 years old and married at the time of the sexual relationship, and the counselee was a 22-year-old female parishioner. At the discharge board hearing, the members found that the major had a wrongful sexual relationship and that he lied to his commander in his LOR response, and recommended a General discharge.

## Committee honors Reserve employers

The national committee for Employer Support of the Guard and Reserve sponsors an awards program designed to recognize employers for employment policies and practices that are supportive of their employees' participation in the National Guard and Reserve. All



### Your Employer's Name

employer recognition and awards originate from nominations by individual Reserve component members. Depending on the degree of support, the level of recognition rises to the "Employer Support Freedom Award," given by the Secretary of Defense. Employer awards include:

**"Patriot Award" Certificate of Appreciation.** ESGR awards a certificate and a Patriot lapel pin on behalf of the Department of Defense. All members of the National Guard and Reserve forces are eligible to nominate their employers for the "Patriot Award" certificate.

**Local ESGR Committee Chair's Award** is given in limited numbers and presented annually by each ESGR Committee.

**PRO PATRIA Award.** The Pro Patria award is presented to those employers who demonstrate exceptional support for national defense by adopting policies that make it easier for employees to participate in the Reserve.

**Freedom Awards.** This is ESGR's most prestigious award and is presented annually to an employer by the Secretary of Defense

To nominate a deserving employer for one of the above awards, visit the ESGR website at <http://www.esgr.org>.

## Civilian

### Welcome

Mr. Roger Berube  
*939th Logistics Readiness Squadron*  
Mr. Leo Kappus  
*939th Services Flight*  
Mrs. Melissa Myers  
*939th Mission Support Group*  
Mr. David Roller  
*939th Operation Support Flight*  
Mr. Christopher Lantagne  
*64th Air Refueling Wing*  
Mr. David West  
*64th Air Refueling Wing*  
Mr. Richard Benway  
*939th Maintenance Squadron*

### Promotions

Mr. Shane Toomay, GS-12  
*939th Aircraft Maintenance Squadron*  
Promotion from Maxwell  
Mr. Christopher Bonanno, GS-07  
*304th Rescue Squadron*  
Promotion from Westover  
Mr. Kyle Alley, GS-03  
*939th Maintenance Operations Flight*

### Awards

#### 10-Year Service Pin

Mr. Charles Knapp  
Ms. Amy Schuler  
Mr. David Workentine

#### 20-Year-Service Pin

Ms. Alice Dobson  
Mr. Richard Duke  
Ms. Linda Gross  
Mr. Gregg Hill  
Mr. Larry Lewis  
Mr. Russell Muncy  
Mr. John Peterson  
Mr. Donald Schaefer  
Mr. Greg Woolsey

#### 30-Year Service Pin

Mr. Robert Boardman  
Mr. Michael Brandom

## AROUND THE WING

## Military

### Welcome

Tech. Sgt. Kevin Cooley,  
*939th Civil Engineer Squadron*  
Staff Sgt. Bryan Lopez,  
*304th Rescue Squadron*  
Senior Airman Derecus Slade,  
*939th Mission Support Squadron*  
Senior Airman Jared Hass,  
*939th Maintenance Squadron*  
Senior Airman Timothy Orr,  
*83rd Aerial Port Squadron*  
Senior Airman Jeremy Russell,  
*83rd Aerial Port Squadron*  
Airman 1st Class Michael Preston,  
*939th Civil Engineer Squadron*  
Airman Basic Austin Adams,  
*939th Aircraft Maintenance Squadron*

### Retirements

Master Sgt. Gary Gray,  
*304th Rescue Squadron – Nov 30*  
Tech. Sgt. James Hackler,  
*304th Rescue Squadron- Nov 26*  
Master Sgt. Parker Knight,  
*939th Civil Engineer Squadron – Nov 5*

### Promotions

#### Performance Enhancement Promotion

Senior Master Sgt. Eric Thomas,  
*939th Medical Squadron*  
Master Sgt. John Brownfield,  
*939th Maintenance Group*  
Tech. Sgt. Richard Slater,  
*939th Aircraft Maintenance Squadron*

### Help Wanted: 939th seeks Career Assistance Advisors

A board will be held in accordance with Air Force Instruction 36-2113, during the Dec. Unit Training Assembly to select a new 939th Maintenance Group Career Assistance Advisor.

Applicants for this position should be Tech. Sergeants (eligible for promotion to Master Sgt) or Master Sergeants interested in applying for this position you should submit a package consisting of the following items commander's letter of recommendation, Records Review RIP, a personal resume (use Tongue and Quill format), most current EPR to Master Sgt Scott Anderson in the military personnel flight by the close of business on Sunday of the Nov UTA. The selection process will involve a formal interview service dress required.

#### Sept. 1, 2005

Chief Master Sgt. Jeffery Hauck,  
*939th Maintenance Group*  
Master Sgt. Keith Berlin,  
*939th Logistics Readiness Squadron*  
Master Sgt. Nathan Cook,  
*64th Air Refueling Wing*  
Master Sgt. Scott Paster,  
*83rd Aerial Port Squadron*  
Tech. Sgt. Floyd Bidwell,  
*939th Logistics Readiness Squadron*  
Tech. Sgt. Nicholas Brock,  
*304th Rescue Squadron*  
Tech. Sgt. Jacob Erickson,  
*939th Civil Engineer Squadron*  
Tech. Sgt. Tony Ketchum,  
*83rd Aerial Port Squadron*  
Tech. Sgt. Sarah Kraft,  
*83rd Aerial Port Squadron*  
Tech. Sgt. Tracy Thiesfeld,  
*939th Logistics Readiness Squadron*  
Staff Sgt. John Budiao,  
*83 Aerial Port Squadron*  
Staff Sgt. Melissa Myers,  
*939th Mission Support Squadron*  
Staff Sgt. Jamie Peregoy,  
*64th Air Refueling Squadron*  
Staff Sgt. David Powell,  
*939th Civil Engineer Squadron*  
Senior Airman Edgar Delrio,  
*939th Logistics Readiness Squadron*  
Senior Airman Stephen Dodson,  
*939th Maintenance Squadron*  
Senior Airman Tara Frame,  
*939th Aircraft Maintenance Squadron*  
Senior Airman Adam Knight,  
*939th Mission Support Squadron*  
Senior Airman Shawn Modjtabai,  
*939th Air Refueling Wing*

Only highly motivated personnel who clearly meet the minimum eligibility requirements should be considered for assignment as a career assistance advisor.

Tech. Sergeants may be selected if eligible for promotion to Master Sgt. under the provisions found in AFI 36-8001, Reserve Personnel Participation and Training Procedures. Tech. Sergeants applying must complete command Noncommissioned Officers Academy prior to application.

If you have any questions concerning career advisor's duty or the board process please contact myself Master Sgt. Scott Anderson 503-335-4592 or any Career Assistance Advisor.

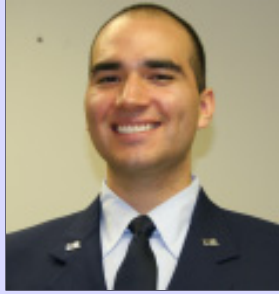


## What are you doing, if anything, to offset the rising costs of gas?



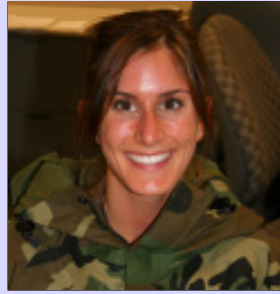
Tech. Sgt. Eileen Ross, 83rd APS passenger terminal specialist

"I make a list of things to do, and then I drive to the grocery store, bank, post office, etc...to do my errands in a circle (to avoid doubling back). Then my last stop is the gas station where I fill up my gas tank for the week."



Staff Sgt. Lucas Hernandez, 939th OSF Intel technician

"I save gas when I go TDY, because I don't use my car."



Senior Airman Crystal Blevins, 939th MXS personnel journeyman

"I commute from Salem to Portland to do my UTAs and then to Monmouth to go to school, so I just pay the high price for gas and try not to think about it."



Staff Sgt. Erich Van Kirk, 939th CES, heating, ventilation, air-conditioning technician

"We are more cautious about running around. We make our trips count and plan ahead as a family. Now, we don't run around trying to find things to do and we're spending more time at home doing things together as a family."



Tech. Sgt. Bobbi Kennedy, 939th MDS, medical technician

"I ride my bike to work. I live in Eugene, so it's easy for me to ride the seven miles to work."



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Adjusting to life after disaster relief  
Avoiding scams after a natural disaster  
When your loved ones are affected by Hurricane Katrina

## Run Forrest, run!!



Photo by Maj. James R. Wilson

Lt. Col. Jay Pyles, 64th Air Refueling Squadron, attempts to avoid the firehose treatment after landing at Portland Oct. 12. The tradition of being "hosed down" is celebrated by aircrews after they have flown the last sortie with their unit. Colonel Pyles departed last month for a new assignment with the 459th Air Refueling Wing, Andrews Air Force Base, Md.



Photos By Ms. Ruby Zarzyczny

Senior Master Sgts. Rocky Hart and Karen Carter, 939th Honor Guard members fold the flag in a recent retirement ceremony.

## At the 11th Hour of the 11th Day of November Veterans Day Begins

**By Ms. Ruby Zarzyczny**  
**939th Air Refueling Wing Public Affairs Office**

At the 11th hour of the 11th day of November 1918, the Treaty of Versailles was signed between the U.S., our Allies and Germany ending World War I, a war claiming between eight million and 10 million lives. This was also the event that created Armistice Day, now known as Veterans Day, our national holiday honoring veterans who served their country during war time.

Prior to this treaty being signed, an armistice was put into affect June 23 to stop the fighting.

One year after the war ended, President Woodrow Wilson declared Nov. 11, 1919, the first Armistice Day to honor the men who fought in World War I and said:

“To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...”

In the 1920s and 1930s, this day was celebrated by businesses closing for the day. The nation came to a halt at 11 a.m. for two minutes of silence. This moment of reflection was followed with celebrations, displaying of the American flag, parades and public meetings.

On Armistice Day 1921, during the dedication ceremony for the Tomb of the Unknown Soldier monument, a monument honoring all unidentified military personnel killed in action at Arlington National Cemetery, Armistice Day became an official holiday for federal employees. It then became a legal federal holiday in 1938.

The fighting veterans of World War I were honored each year on Armistice Day. By the 1950s, World War II and the Korean War had created millions of additional veterans who had also fought for their country. In order to honor all veterans who have served during war time, President Dwight D. Eisenhower signed legislation on June 1, 1954, changing the holiday from Armistice Day to Veterans Day.

When Congress passed the Monday Holiday Law in 1968 that moved several federal holidays to Monday, Veterans Day was moved to the fourth Monday in October. The states changed the date of the holiday to the fourth Monday in October in 1971, but then eventually changed it back to Nov. 11. Oregon changed

Veterans Day back to Nov. 11 in 1975 along with several other states.

Due to public demand, in 1975 the federal government changed the date of Veterans Day back to Nov. 11 and it officially reverted back nationwide in 1978. (Information from the U.S Army history and other websites contributed to this article.)

